

# EPCC NEWS

Evansville Psychiatric Children's Center  
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## We Have Been Busy!



Lots of exciting things have been happening lately at EPCC, and we would like to share the news with all of you!

EPCC recently received updates to the SOAR program (psychoeducational model based on the Boys' Town program). EPCC SOAR trainers received training on the updates. Coming soon are updates to the Common Sense Parenting course.

EPCC's Clinical Director recently provided an overview training on Trauma Informed Care to Administrative staff from the other 5 Indiana State Psychiatric Hospitals. EPCC has utilized the Trauma Informed Care since 2008.

EPCC recently received a very generous monetary donation from the community. Sensory pathways on our sidewalks will soon be painted and some new outdoor sensory playground equipment will be purchased with these funds. Also, restrooms in the school area will be repainted to include inspirational quotes.



Our Licensed Clinical Social Worker recently received a grant to help pay for her training on Dialectical Behavior Therapy (DBT).

We are looking for a new sponsor for our aquarium which is on display in the lobby of our Administration Building. Continued sponsorship is needed in order to fund the monthly maintenance provided by Aquarium Concepts.

This aquarium is a bright spot in our welcoming lobby area. It has served as not only a conversation piece, but it has proved to be calming for newly admitted children as they walk into our facility for the first time.

If you or someone you know is interested in donating to the Aquaricare Fund, please contact the Community Services Director at 812-477-6436 x 232. We thank you in advance for your support!

EPCC's Employee Appreciation Committee has been sponsoring some great activities to celebrate our wonderful employees! These activities include carry-in pizza and donuts, Valentine-Grams, Easter Eggs filled with candy, and an upcoming Puppy Play Day. These fun activities are made possible through fundraising activities by EAC members. The fundraisers include Cutest Pet Contest, Chinese Auction, and T-shirt design contest and sales.



Last, but certainly not least, we would like to welcome some new EPCC staff! We recently welcomed a new Director of Nursing, new Recreational Therapist, two new Clerical Assistants, and several nurses and Behavioral Recovery Attendant staff. In addition, we would like to recognize our student interns who have helped us out so much over the last few months.

Stay tuned to future issues of the EPCC News for more EPCC happenings!



## SUPPORT OUR AQUARIUM



## FITNESS GOALS

During the winter quarter, the children worked very hard to complete a mountain climber challenge! Each child's personal goal was at least 2,000 mountain climbers. The group goal was 80,000.

The kids reached even greater heights by collectively completing 119,000 mountain climbers for the quarter!

Each child received a certificate and the top three each won a prize. All the kids were also treated to a pizza party and fun with silly string!



## TRY IT THURSDAYS

Once monthly, our contract dietician does a Nutrition Education program with our kids on a Thursday for their AM snack. This Nutrition Education is a requirement for our participation in the National School Breakfast and Lunch Program.

Our dietician plans a different "menu" for the snack each month with healthy ingredients according to season and availability. She then educates the children on the nutritional benefits of the foods they are eating as they help make and enjoy their snack. The snacks are creative, and usually are not foods that the children have tried before.

Some exciting "menus" for the upcoming months include hummus with red, yellow, and green bell pepper strips in August, roasted pumpkin seeds tossed with pumpkin spice in October, and exotic winter fruits such as starfruit and dragonfruit in January 2022.





## You Can Help!

The following items are always needed for the children and their activities: children's self-care items such as body wash, shampoo, lotion, deodorant, toothbrushes, and toothpaste.

Feminine hygiene products for our older girls come in handy as well.

Underwear and socks for both boys and girls, sizes M—XL are much appreciated.

## DID YOU KNOW?

- ★ EPCC Served 39 children during the 2019-2020 fiscal year.
- ★ EPCC has served over 1450 of Indiana's Seriously Emotionally Disturbed Children since opening in 1966.
- ★ EPCC collaborates with the Evansville-Vanderburgh School Corporation to provide educational services to all our children. EPCC also participates in the National School Breakfast and Lunch Program.

# WANTED



Sponsors for our



## Character Building Therapeutic Horseback Riding Program

### Attention all Friends Of EPCC:

We are in need of generous folks to sponsor our children in our Character Building Therapeutic Horseback Riding Program, held here on EPCC grounds every Spring and Fall. This program provides a valuable therapy component to each child's treatment.

The 8-week program consists of first learning to interact with the horses by petting and leading them, along with awareness that they are a living creature to be respected, learning what its like to be the horse through a leading exercise with staff and peers, caring for the horses by gently grooming and offering treats, becoming trainers for the horses by teaching simple commands, and eventually riding the horse when the child is ready. While riding the horse, the children do exercises to help strengthen their core muscles and increase balance.

Another important therapeutic aspect of the program is the improvement we see in each child's self-esteem upon completion. The role of caregiver to the horses combined with improvements in strength, balance, and coordination through lots of sensory input help tremendously with giving each child a sense of accomplishment. This is so important to the children's mental and physical health.

Currently, the cost for sponsoring a child in the program for the Spring term is \$300. However, any dollar amount is greatly appreciated. Individuals may donate separately, or groups can certainly team up and donate collectively.

To sponsor a child in the Character Building Therapeutic Horseback Riding program, contact the Community Services Director at 812-477-6436 x 232 or email at

[brandy.fox@fssa.in.gov](mailto:brandy.fox@fssa.in.gov)

## Song of Summer by Lenore Hedrick

I hear the voice of summer

Singing a song of flowers,

Singing a song of meadows

Where buttercups spring in showers.

Her voice is high and lifting

As summer gets underway

I think that I shall join her song

Now that it's school's last day.

I see the foot of summer

In every shady lane

She leaves deep beds of daisies

To make her footprints plain.

I think that I shall gather

Daisies for a crown,

And side by side with summer

I'll fly right out of town.



Therapeutic Leaves have resumed for the children. The Pfizer vaccine has now been approved for children ages 12-15. We are developing a plan to offer vaccinations to our patients with parent/guardian consent. All EPCC staff who have received the vaccine are not required to wear a mask when working alone or with small groups of other EPCC staff or children. Outside visitors are still required to wear masks, and outside visitors are still being screened with temperature check.

### We're Ready for Your Referrals

Refer through the assigned liaison from your MHC.  
Referral packet information needed includes:

Psychology Evaluation with IQ  
State Hospital Referral Form  
CANS  
Psychiatric Evaluation from your MD

Contact Sharon Austin at 812-477-6436, x226

Need to contact us?  
Call 812-477-6436 (exts. listed below) or email

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MISSION  
Resolve Needs – Build Strengths

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Published periodically  
for employees and friends of EPCC.

Evansville Psychiatric Children's Center  
Division of Mental Health & Addiction  
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